



Be in the Moment

Be Present. Be Well.

WELL WISCONSIN EMPLOYER NEWSLETTER | JUNE 2021, ISSUE NO. 6

PARTICIPANT COMMUNICATIONS

Here is a list of the Well Wisconsin program communications that are scheduled to send this month.

6/8: Overcome Stress- Daily Habits email

6/14: Well Wisconsin Radio email

Through the month of June any employees participating in the Invitational will continue to receive reminder emails and updates for that challenge.



**content and dates subject to change*

EMPLOYER SPONSORED ACTIVITY

The employer sponsored activity program helps you plan health and well-being activities for the employees at your location. Employees that participate can earn well-being credit in the Well Wisconsin program!



June: Wisconsin Strong Financial Fitness Challenge

This month's challenge invites you to take the Wisconsin Strong Financial Fitness Challenge, with free access to the online Checkup and Academy. You'll get a personalized playlist of courses on topics such as debt management, budgeting, investments, estate planning, and retirement planning. In 15 minutes you'll be on your way to building a strong financial future.

Employees who choose to participate will receive a code to self report their completion on the Well Wisconsin website. For more information, materials, and the code please email kmulcahey@webmd.net



WELL WISCONSIN RADIO

Well Wisconsin Radio is a monthly podcast style program that interviews health and wellness experts from around the state. Participants can get credit for attending live or by listening in to the recording. Click below to register.

June 22nd: Noon to 12:30

Topic: Financial Wellness for Women

Expert: Cindy Hounsell, President, WISER

Registration link and details: [HERE](#)

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OTHER NEWS

Do your employees have questions about the COVID 19 vaccine? Well Wisconsin Radio is your source for information! Check out the recent bonus episode with Dr. James Conway, Director of UW Health Immunization programs. Dr. Conway and Morgan will discuss frequently asked questions about the vaccine. [Listen here!](#)

JUST FOR FUN



This monthly newsletter is produced by WebMD. For questions or more information please email mmeinen@webmd.net. Participant questions can be directed to customer service at 800-821-6591